
Journal Abstracts

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Brown, A.C., Brody, G.H., and Stoneman, Z. 2000. Rural black women and depression: A contextual analysis. *Journal of Marriage and the Family* 62(1):187-198.

We use ecological systems theory to guide our investigation of depression among a sample of 102 married Black mothers residing in the rural South. Using self-report data collected via computerized interviews during home visits, we conduct multivariate regression analyses, exploring the association between depression and (a) spousal support and conflict, (b) cocaregiver support and conflict, (c) child conduct difficulties, and (d) socioeconomic risk. We hypothesize that each of these variables [is] associated with mothers' depression scores and that the extent to which these familial variables and depression are associated will vary across socioeconomic contexts. Socioeconomic risk, child conduct difficulties, and conflict with a cocaregiver were associated with women's depression in the full model. The moderational hypotheses were upheld for the variables of spousal support and child conduct difficulty. Spousal support and depression have a strong negative association under conditions of high socioeconomic risk and a nonsignificant relationship when socioeconomic risk is low. The association between child conduct difficulty and depression was exacerbated under high socioeconomic risk.

Chambers IV, E., Godwin, S.L., and Vecchio, F.A. 2000. Cognitive strategies for reporting portion sizes using dietary recall procedures. *Journal of the American Dietetic Association* 100(8):891-897.

Do portion-size aids improve dietary recall? After assigning 76 adults, aged 18 to 65 years, to 4 groups based on portion-size estimation aids—2-dimensional (2-D) paper aids presented in stacks, 2-D aids cut out and presented on rings, household aids, and a combination of 2-D and 3-dimensional (3-D) aids—the authors of this study conducted interviews of 1 to 1½ hours in which they asked participants to recall the portion sizes of foods they had reported as eaten. Visualization and comparison with other aids were used most frequently by participants for recall. There was a demonstrated preference among participants for aids—regardless of whether they were 2-D or 3-D—that were similar in size and shape to actual liquids or amorphous foods, and rulers for solid foods. The authors recommend supplying respondents participating in dietary recall with visual aids to facilitate the recall process.

Fast, J.E., Williamson, D.L., and Keating, N.C. 1999. The hidden costs of informal elder care. *Journal of Family and Economic Issues* 20(3):301-327.

Demographic, socio-economic, and political trends throughout the developed world have contrived to make elder care an issue of utmost policy importance. They also have led to sharp reductions in health and social program expenditures. Policymakers are looking to communities to help meet growing care needs because community care is believed to be better and cheaper than institutional care. However, these beliefs become untenable when costs beyond public sector costs are considered. In fact,

informal care carries a number of hidden costs that seldom are considered in health and social policy discussions. This article introduces a taxonomy of the costs of informal elder care, which can be categorized as out-of-pocket expenditures, foregone employment opportunities, unpaid labor, and emotional, physical and social well-being costs. Then, an illustration is provided regarding how the taxonomy can be applied to understanding the incidence, magnitude, and distribution of these costs among stakeholder groups. This taxonomy can help inform ongoing debate about health and social policy reform.

Lee, S-K., Sobal, J., and Frongillo Jr., E.A. 1999. Acculturation, food consumption, and diet-related factors among Korean Americans. *Journal of Nutrition Education* 31:321-330.

This study examined how Korean Americans with different levels of acculturation varied in food consumption, and which diet-related factors were important to acculturation and food consumption. Pretested questionnaires were mailed to a national sample, and 55% of the deliverable sample responded, producing 356 usable questionnaires. Sociocultural acculturation was measured with a two-culture matrix model and Gordon's theoretical work and showed four dimensions: American structural, American cultural, Korean structural, and Korean cultural. Food frequency questionnaire responses were divided into American, common, and Korean food consumption. American food consumption increased with higher American structural adaptation and loss of Korean culture. In the relationship of

acculturation to frequency of American food consumption, preparing meals themselves, concern about health, and willingness to try other ethnic foods were important. Meal preparation and purchasing power were related to the number of regularly consumed American foods. Korean food consumption decreased with higher familiarity with American culture and less retention of Korean society. Women with someone to prepare meals were most likely to eat more Korean foods. Korean food availability was related significantly only to the number of regularly consumed Korean foods. Future work can benefit by acknowledging acculturation as a multidimensional process and applying several dietary assessment approaches.

Mackenbach, J.P., Kunst, A.E., Groenhouf, F., Borgan, J-K., Costa, G., Faggiano, F., Jozan, P., Leinsalu, M., Martikainen, P., Rychtarikova, J., and Valkonen, T. 1999. Socio-economic inequalities in mortality among women and among men: An international study. *American Journal of Public Health* 89(1):1800-1806.

Objectives. This study compared differences in total and cause-specific mortality by educational level among women with those among men in 7 countries: the United States, Finland, Norway, Italy, the Czech Republic, Hungary, and Estonia.

Methods. National data were obtained for the period ca. 1980 to ca. 1990. Age-adjusted rate ratios comparing a broad lower-educational group with a broad upper-educational group were calculated with Poisson regression analysis.

Results. Total mortality rate ratios among women ranged from 1.09 in the Czech Republic to 1.31 in the United States and Estonia. Higher mortality rates among lower-educated women

were found for most causes of death, but not for neoplasms. Relative inequalities in total mortality tended to be smaller among women than among men. In the United States and Western Europe, but not in Central and Eastern Europe, this sex difference was largely due to differences between women and men in cause-of-death pattern. For specific causes of death, inequalities are usually larger among men.

Conclusions. Further study of the interaction between socioeconomic factors, sex, and mortality may provide important clues to the explanation of inequalities in health.

Molarius, A., Seidell, J.C., Sans, S., Tuomilehto, J., and Kuulasmaa, K. 2000. Educational level, relative body weight, and changes in their association over 10 years: An international perspective from the WHO MONICA Project. *American Journal of Public Health* 90(8):1260-1268.

Objectives. This study assessed the consistency and magnitude of the association between educational level and relative body weight in populations with widely different prevalences of overweight and investigated possible changes in the association over 10 years.

Methods. Differences in age-adjusted mean body mass index (BMI) between the highest and the lowest tertiles of years of schooling were calculated for 26 populations in the initial and final surveys of the World Health Organization (WHO) MONICA (Monitoring Trends and Determinants in Cardiovascular Disease) Project. The data are derived from random population samples, including more than 42,000 men and women aged 35 to 64 years in the initial survey (1979-1989) and almost 35,000 in the final survey (1989-1996).

Results. For women, almost all populations showed a statistically significant inverse association between educational level and BMI; the difference between the highest and the lowest educational tertiles ranged from -3.3 to 0.4 kg/m². For men, the difference ranged from -1.5 to 2.2 kg/m². In about two thirds of the populations, the differences in BMI between the educational levels increased over the 10-year period.

Conclusion. Lower education was associated with higher BMI in about half of the male and in almost all of the female populations, and the differences in relative body weight between educational levels increased over the study period. Thus, socioeconomic inequality in health consequences of obesity may increase in many countries.

Thompson, B., Demark-Wahnefried, W., Taylor, G., McClelland, J.W., Stables, G., Havas, S., Feng, Z., Topor, M., Heimendinger, J., Reynolds, K.D., and Cohen, N. 1999. Baseline fruit and vegetable intake among adults in seven 5 A Day study centers located in diverse geographic areas. *Journal of the American Dietetic Association* 99:1241-1248.

Because diet is receiving more attention as a possible factor in some types of cancer, this study was designed to examine whether adults in diverse regions were meeting the minimum recommendation of at least 5 servings of fruits and vegetables per day and to determine if there were any geographic differences in fruit and vegetable intake. The researchers analyzed data from a 7-item food frequency questionnaire and found a mean intake of 3.6 servings of fruits and vegetables per day. The geographic differences in fruit and vegetable consumption suggest that dietetics practitioners need to be aware of region of the country when designing nutrition interventions.

